

# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



# Best Practice Recommendations for Treatment of Opioid Use Disorders

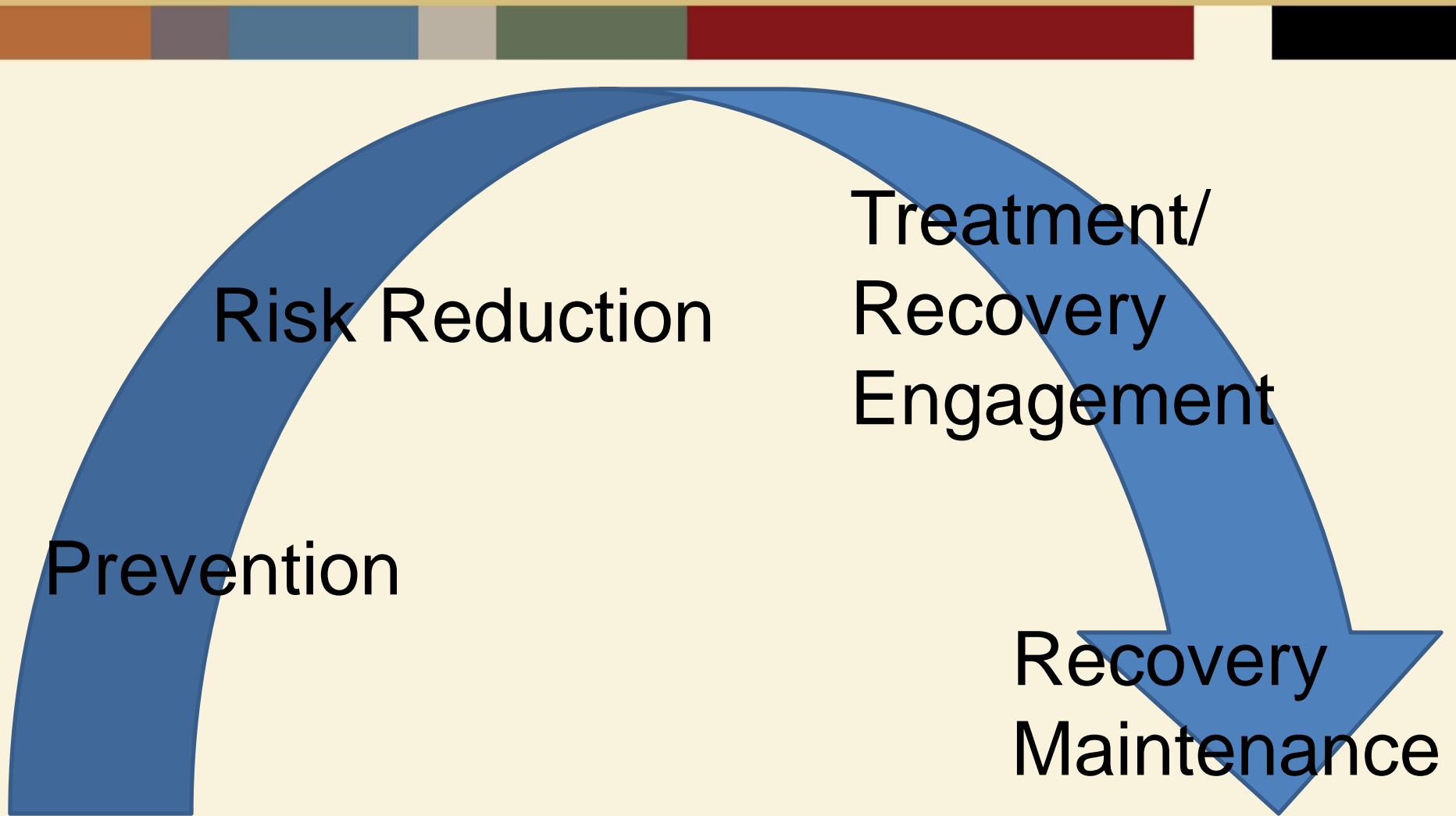
**Kimberly Johnson, PhD**

Director, Center for Substance Abuse Treatment  
Substance Abuse and Mental Health Services Administration  
U.S. Department of Health & Human Services

**The Opioid Crisis in Alabama:  
From Silos to Solutions  
Prattville, AL • March 10<sup>th</sup>, 2017**



# SUBSTANCE USE CONTINUUM OF CARE



# 2016 SURGEON GENERAL's REPORT

**MAT is a highly effective treatment option for individuals with alcohol and opioid use disorders.**

**Studies have repeatedly demonstrated the efficacy of MAT at reducing illicit drug use and overdose deaths, improving retention in treatment, and reducing HIV transmission.**

# VA-DoD SUD Guideline Key Recommendations

- Screening and brief alcohol intervention
- Treatment (pharmacotherapy and psychosocial interventions)
  - Alcohol use disorder
  - Opioid use disorder
  - Cannabis use disorder
  - Stimulant use disorder
- Promoting group mutual help (e.g. AA, NA, Smart Recovery)
- Address co-occurring mental health conditions and psychosocial problems
- Continuing care guided by ongoing assessment
- Stabilization and withdrawal

SUD	Medications	Psychosocial Intervention
Alcohol	Acamprosate Disulfiram Naltrexone Topiramate Gabapentin*	Behavioral Couples Therapy Cognitive Behavioral therapy (CBT) Community Reinforcement Approach (CRA) Motivation Enhancement Therapy (MET) Twelve Step Facilitation
Opioid	Buprenorphine Methadone ER-Injectable Naltrexone*	Medical Management** Contingency Management (CM)/Individual Drug Counseling (IDC)**
Cannabis		CBT/MET
Stimulant		CBT/CRA/IDC +/- CM

\*suggested \*\*recommended only with medication

<http://www.healthquality.va.gov/guidelines/MH/sud/>



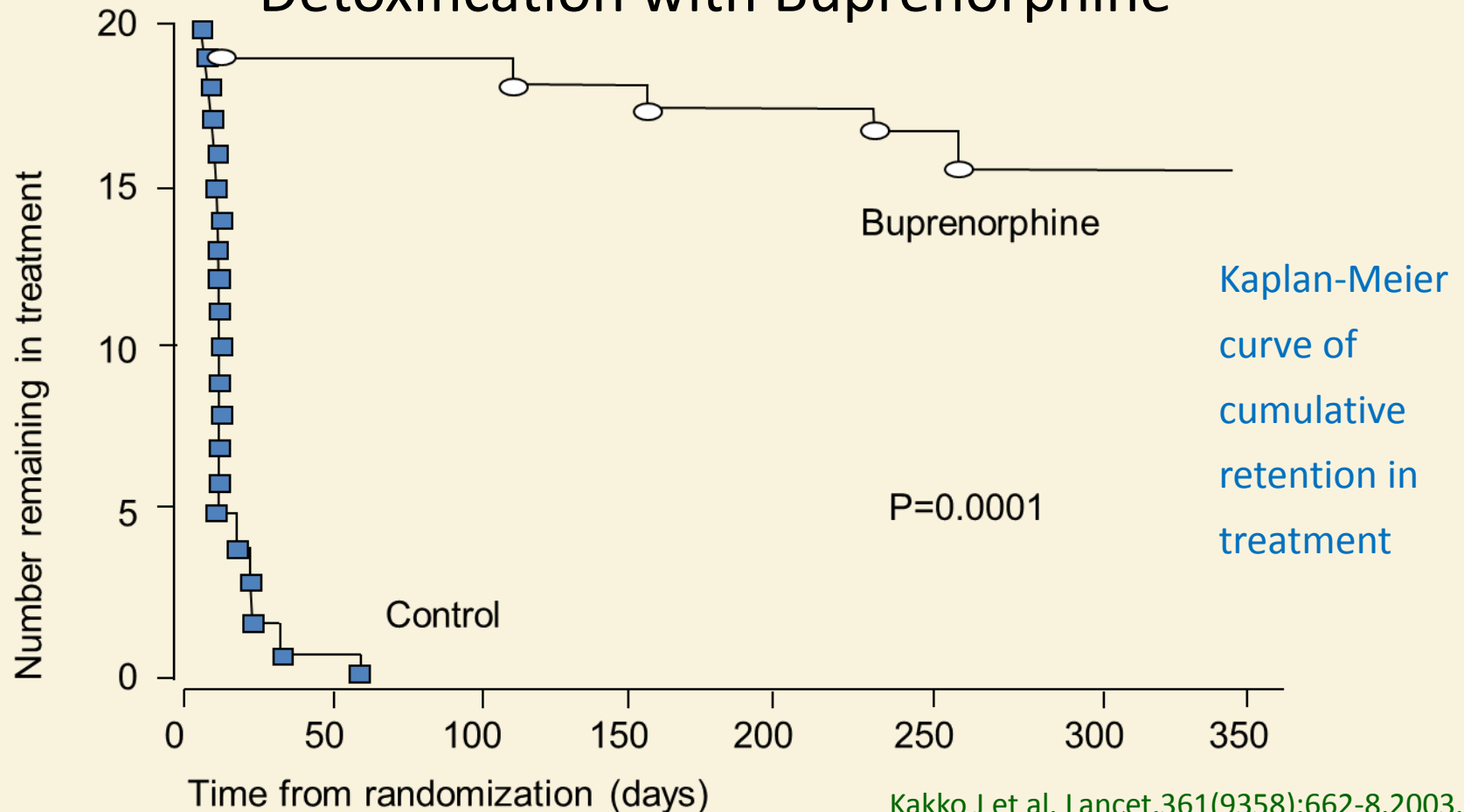
# MEDICATIONS



- ➔ Methadone and buprenorphine are approved by the FDA to treat opioid use disorder
  - Both are opioid agonists
- ➔ Extended-release injectable naltrexone is approved by the FDA for the prevention of relapse to opioid use after detoxification
  - An opioid antagonist

# DETOXIFICATION IS NOT TREATMENT

## Placebo Controlled Study of Maintenance vs. Detoxification with Buprenorphine



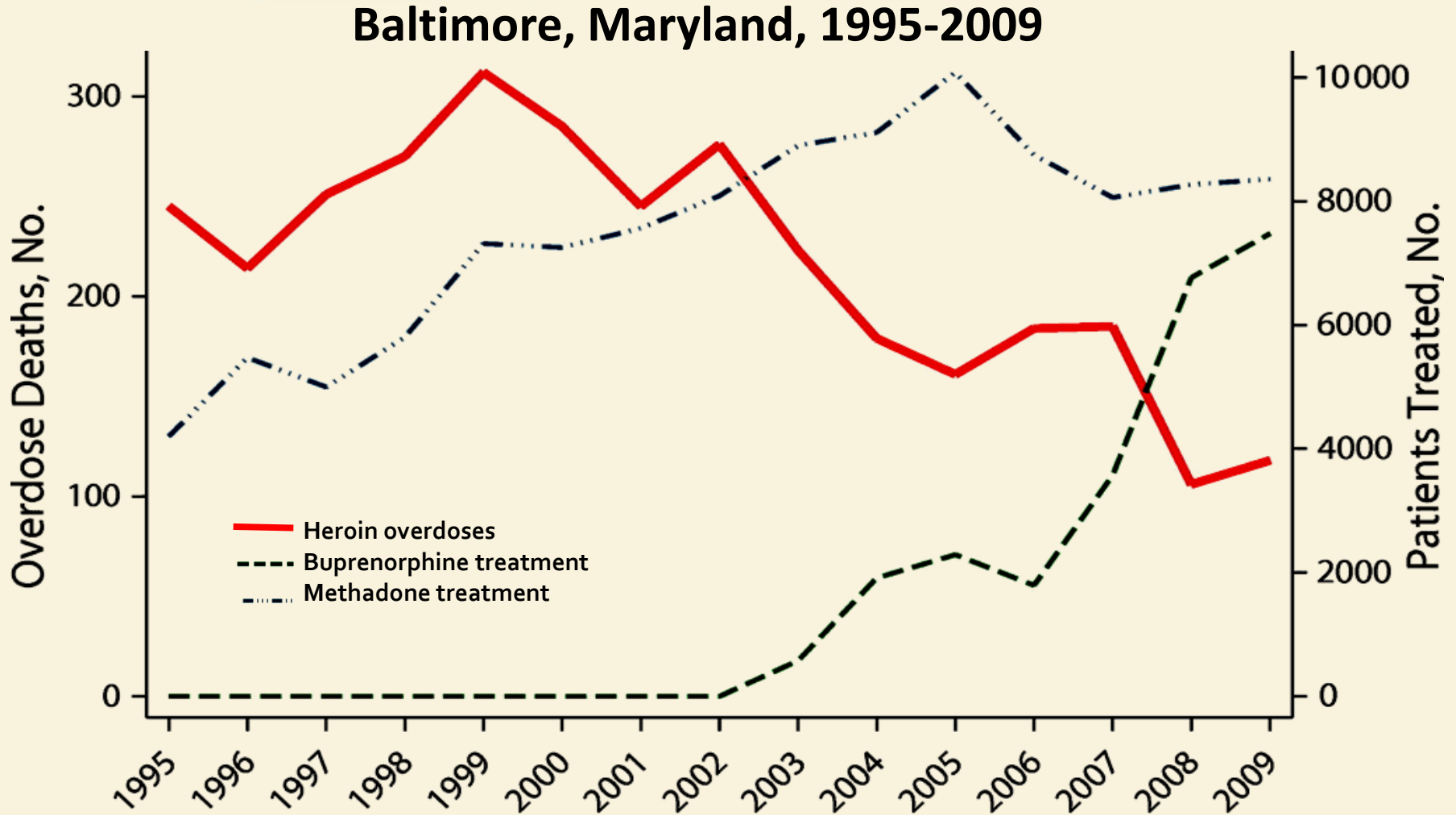
# SELECT BENEFITS OF USING MEDICATION TO TREAT OPIOID USE DISORDER



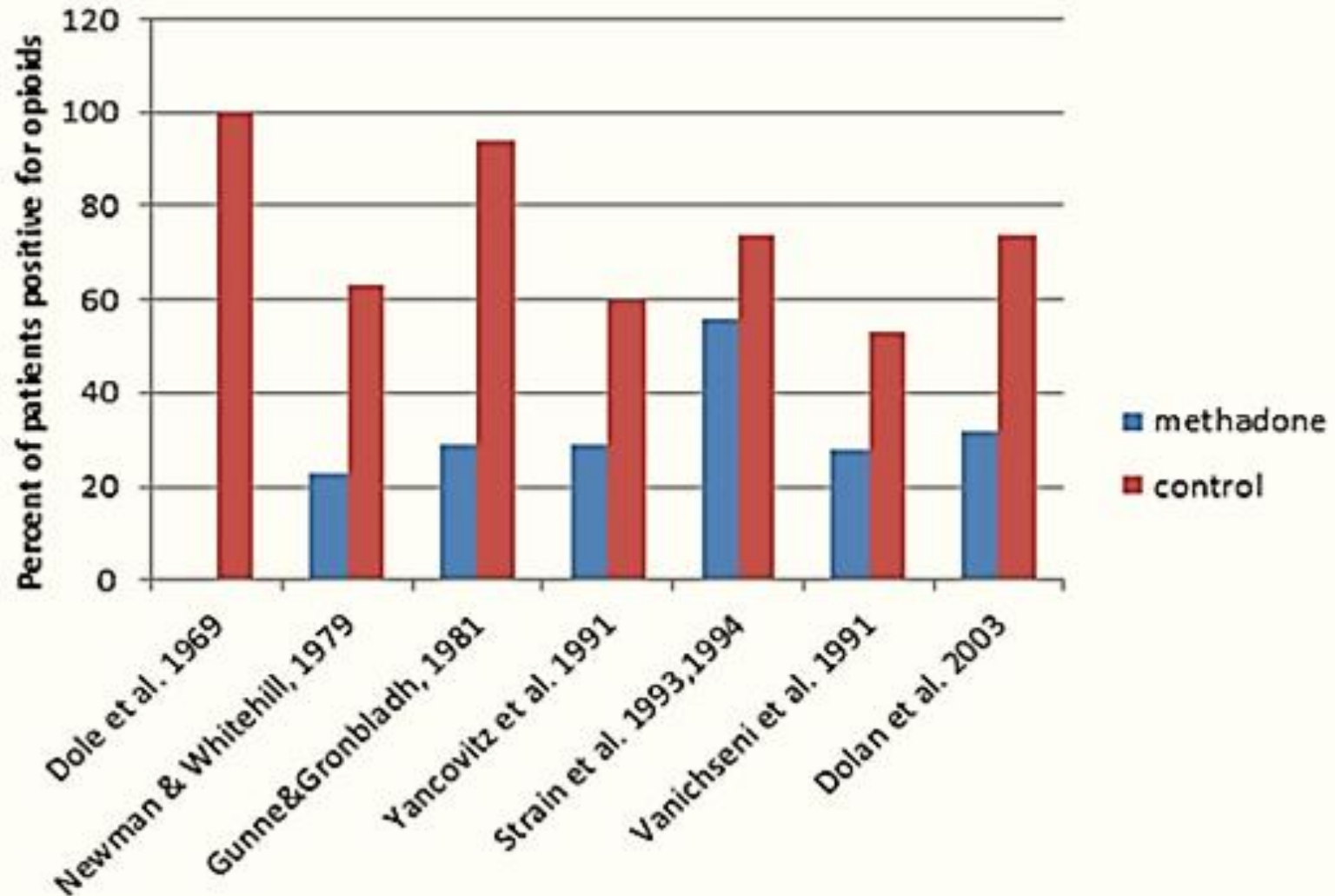
- Reduces all cause mortality
- Reduces HIV risk
- Decreases criminal behaviors
- Improves adherence to medical treatment
- Improves social function, stability, and productivity
- Decreases drug use



# MAT SAVES LIVES



# METHADONE *IMPROVES* OUTCOMES

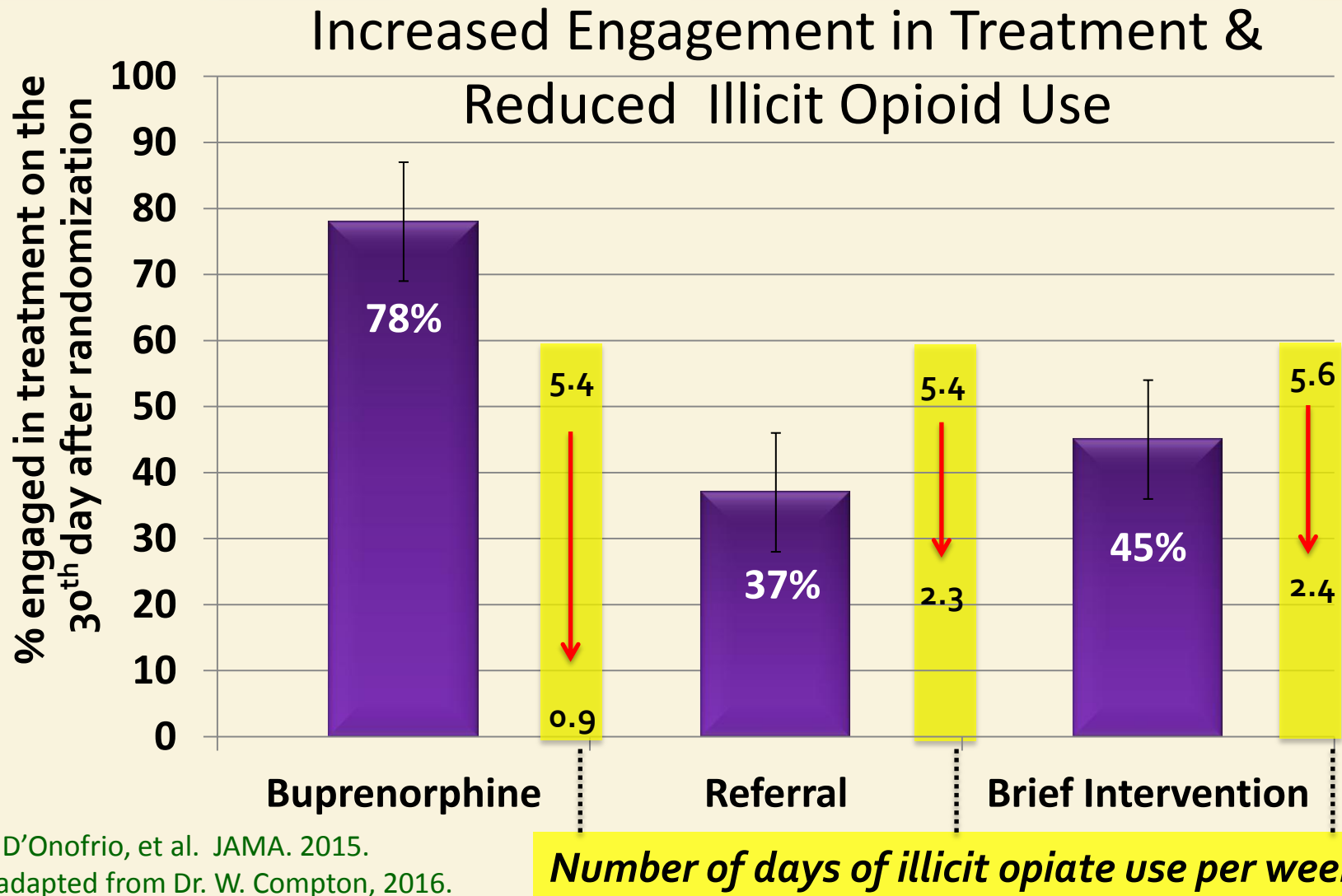


# SCIENTIFIC EVIDENCE THAT BUPRENORPHINE *IMPROVES* OUTCOMES

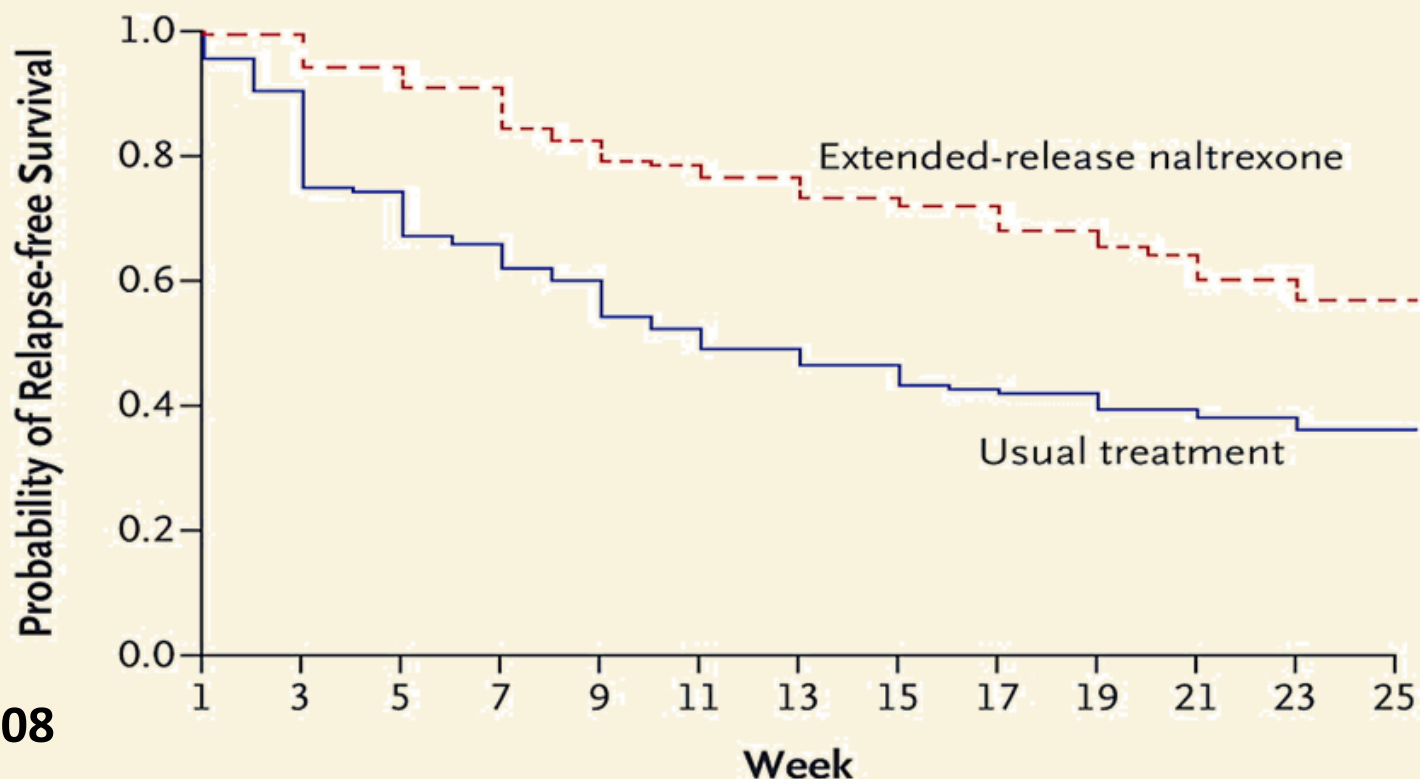


- **Buprenorphine:** Is associated with improved outcomes compared to placebo for individuals including pregnant women and their infants with OUDs.
- Effective in reducing illegal opioid use
  - Clinical experience and research protocols indicate that buprenorphine initiation and stabilization during the induction period is an important part of successful treatment

# BUPRENORPHINE *IMPROVES* OUTCOMES



# NALTREXONE-XR *IMPROVES* OUTCOMES




**RCT: N=308**

## No. at Risk

Extended-release naltrexone	153	144	139	129	121	117	112	110	104	100	92	87	87
Usual treatment	155	116	104	96	84	76	72	67	65	61	59	56	56

# OPENING *EVERY* DOOR TO TREATMENT: STRATEGIES TO REDUCE HARM

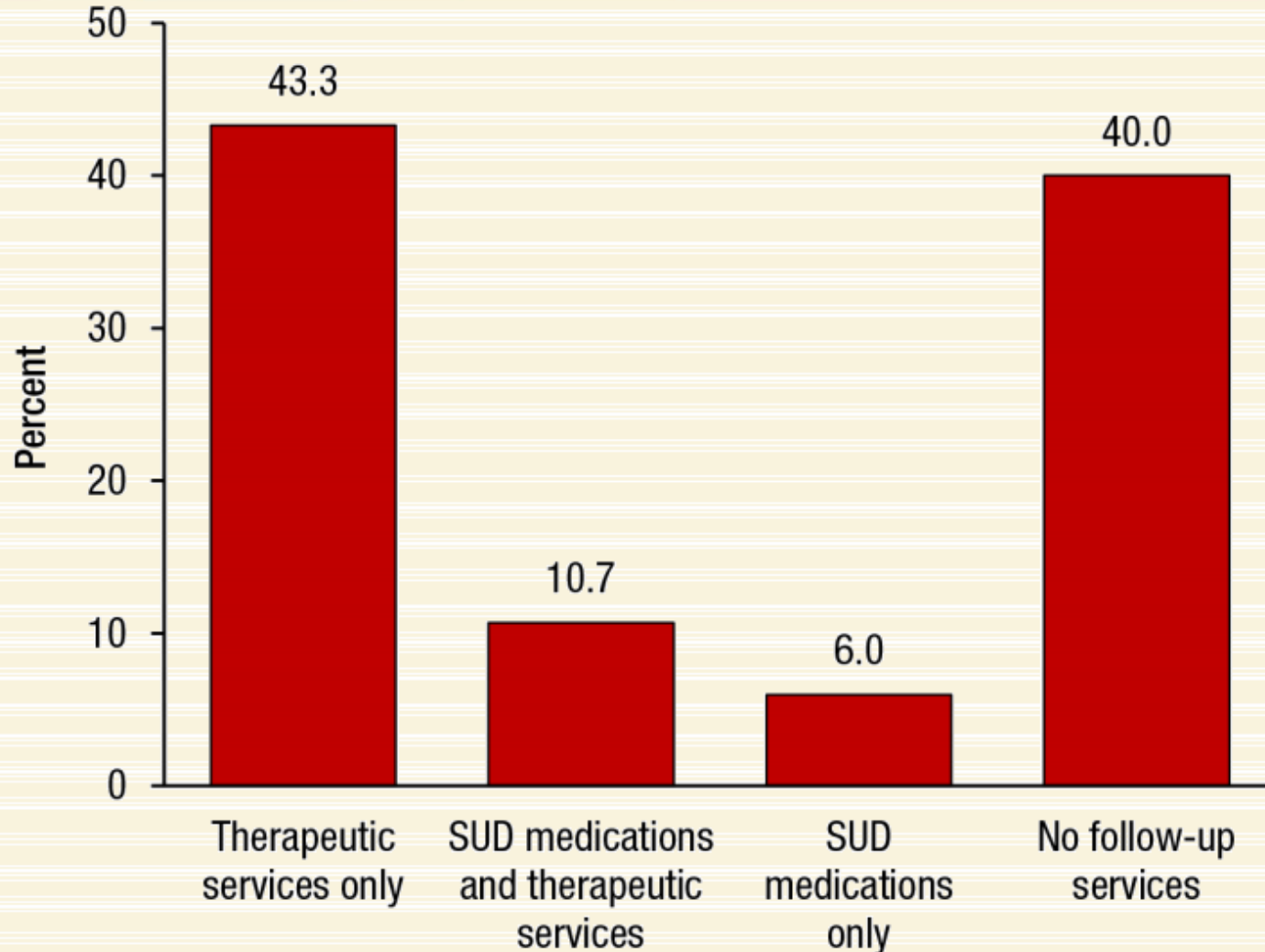


→ Use these strategies to engage people in treatment while addressing the needs of those who are not yet ready to participate in treatment. **Substantial evidence supports their effectiveness.**

- Public health-oriented, evidence-based, and cost-effective services to prevent and reduce substance use-related risks among those actively using substances.
- Services include outreach and education programs, needle/syringe exchange programs, overdose prevention education, and access to naloxone to reverse potentially lethal opioid overdose.



# NATIONAL DISCONNECT: OUD TREATMENT & FOLLOW-UP SERVICES



# MEDICATION TRAINING & OD PREVENTION

## PCSS-O Training

Educational Resources for Prescribers of Opioid Medications

Focus on safe opioid  
prescribing

[www.pcoss-o.org](http://www.pcoss-o.org)

## PCSS MAT TRAINING

PROVIDERS' CLINICAL SUPPORT SYSTEM  
For Medication Assisted Treatment

Focus on OUD  
treatment

[www.pcssmat.org](http://www.pcssmat.org)



Focus on CME-  
accredited trainings on  
safe use of opioids

## SAMHSA Opioid Overdose Prevention TOOLKIT:

Facts for Community Members  
Five Essential Steps for First Responders  
Information for Prescribers  
Safety Advice for Patients & Family Members  
Recovering From Opioid Overdose



<http://store.samhsa.gov/product>

# PAIN MANAGEMENT & OUDs

« All Events

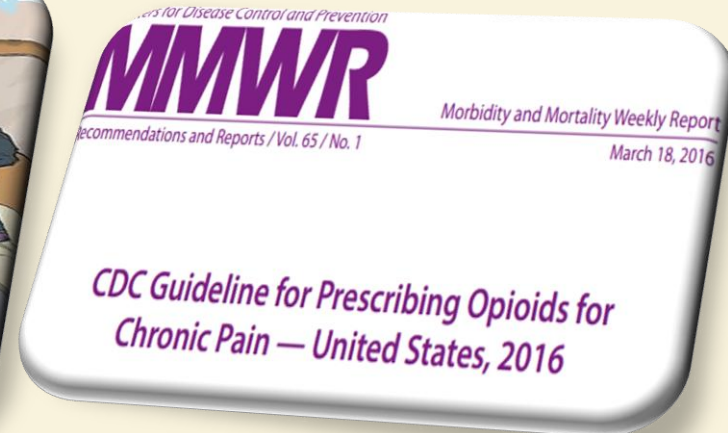
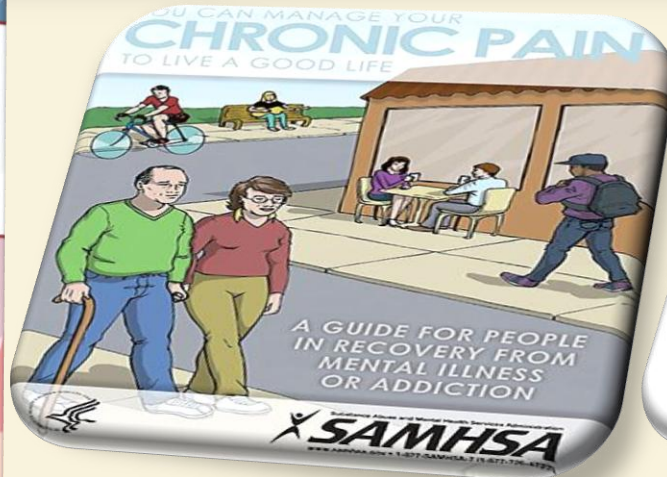
## Providing Safe and Effective Pain Management while Preventing Diversion and Misuse of Opioids

April 19, 2017 @ 3:00 pm - 4:00 pm ET

**Presenter(s):** Michael E. Schatman, PhD, CPE, Director of Research, U.S. Pain Foundation

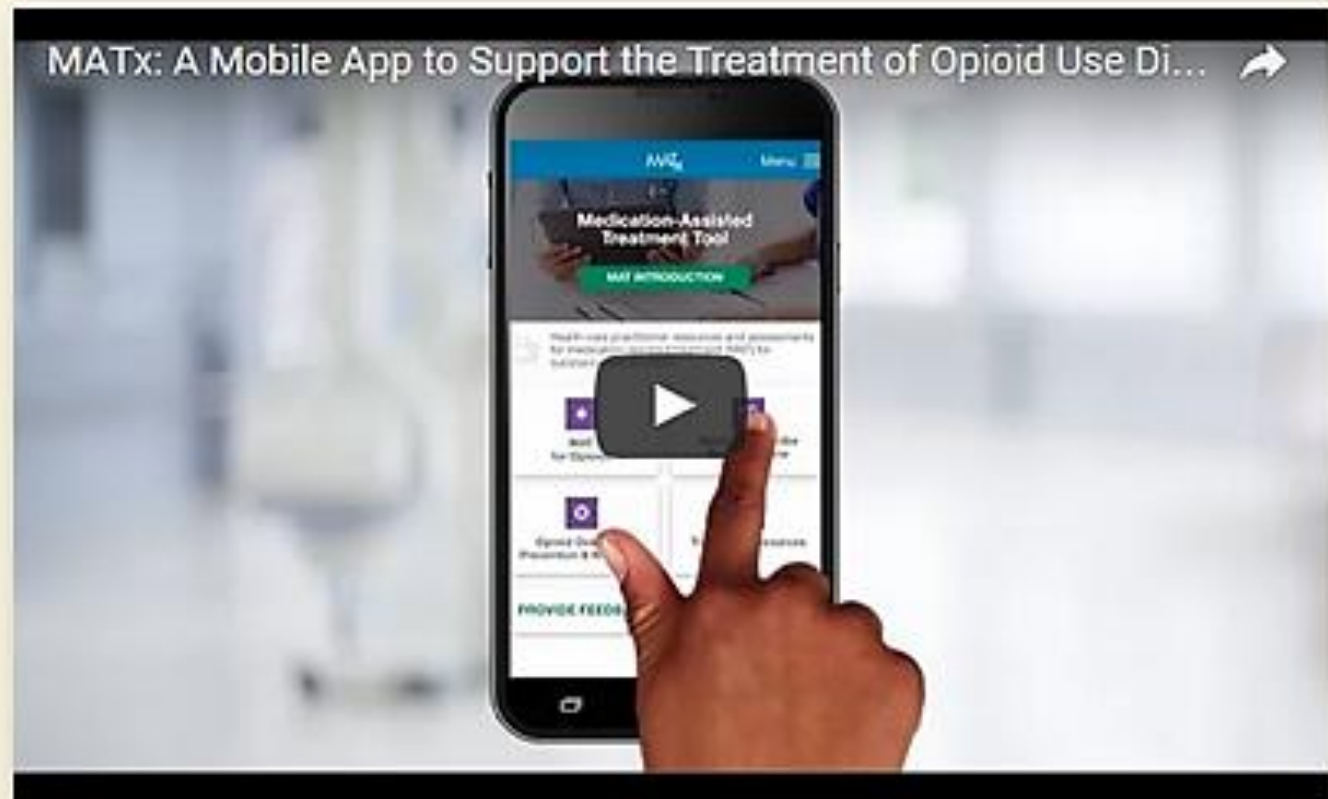
A TREATMENT IMPROVEMENT PROTOCOL  
**Managing Chronic Pain in  
Adults With or in Recovery  
From Substance Use Disorders**

**TIP 54**



# SAMPLE SAMHSA RESOURCES

## SAMHSA MATx



<http://store.samhsa.gov/apps/mat/>



# WE'RE HERE TO HELP YOU HELP THOSE IN NEED

The screenshot shows the SAMHSA website with the following elements:

- Header:** SAMHSA logo, search bar, and social media links (Facebook, Twitter, YouTube, Blog).
- Navigation:** Find Help & Treatment, Topics, Programs & Campaigns, Grants, Data, About Us, Publications.
- Section:** Programs & Campaigns » Medication-Assisted Treatment (MAT).
- Main Content:**
  - MEDICATION-ASSISTED TREATMENT (MAT)** banner with a doctor and pills.
  - Medications to Treat OPIOID ADDICTION** box listing Buprenorphine, Methadone, and Naltrexone.
  - Medication for OPIOID OVERDOSE** box listing Naloxone.
  - BUPRENORPHINE TREATMENT PHYSICIAN LOCATOR** box.
  - OPIOID TREATMENT PROGRAM DIRECTORY** box.
  - BUPRENORPHINE PHYSICIAN VERIFICATION** box.
- Left Sidebar:**
  - Medication-Assisted Treatment (MAT)** section with a description: "Medication-assisted treatment (MAT), including opioid treatment programs (OTPs), combines behavioral therapy and medications to treat substance use disorders."
  - Certifications of OTPs** section with directions to:
    - Apply for OTP certification
    - Notify SAMHSA of program changes
    - Submit an opioid treatment exception request
  - Buprenorphine Waiver Management** section with information on prescribing and completing requests.

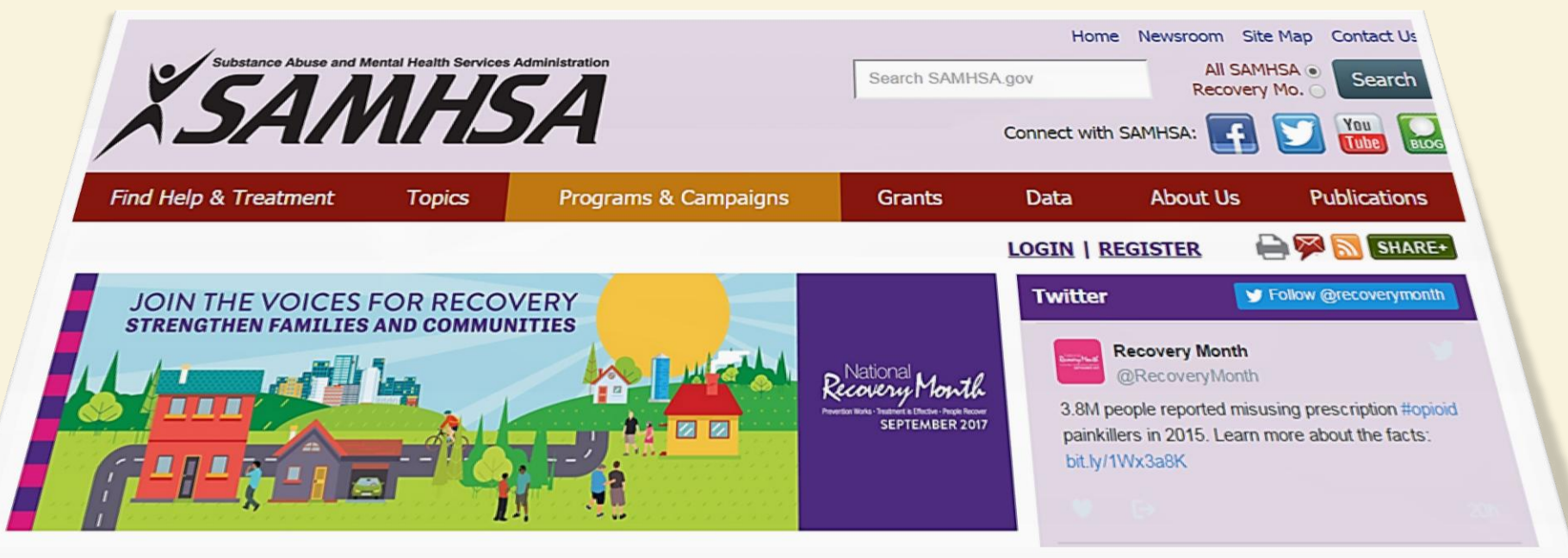
## ➔ Division of Pharmacologic Therapies: 240-276-2700

- Mitra Ahadpour, MD, DABAM, Director
- [otp-extranet@opioid.samhsa.gov](mailto:otp-extranet@opioid.samhsa.gov)
- <https://www.samhsa.gov/medication-assisted-treatment>
- [infobuprenorphine@samhsa.hhs.gov](mailto:infobuprenorphine@samhsa.hhs.gov)

# BEST PRACTICES FOR OUD TREATMENT

## THANK YOU!

Kimberly.Johnson@samhsa.hhs.gov



<https://www.recoverymonth.gov/>